INTERESTING FIGURES.

An Instructive Discourse on the Measurement of Fresh Eggs in Quantities.

How few people realize how many spawn of fish a million is. We are accustomed to read of this or that hatchery turning out so many millions of whitefish, shad, salmon or speckled trout, as the case may be, with but little thought of how many a true million actually is. In conversation with an acquaintance some days ago, while speaking of the number of million of spawn we had laid down in the Caledonia hatchery, I was asked how many bushels of spawn I supposed we had, and if I knew how many spawn it took to make a bushel. I replied that I had never thought of the matter in that light, but as it would be quite interesting to know I would ascertain. Accordingly I have had a few estimates made with some of the diffierent varieties of spawn we have at the hatchery. We began with the salmon trout, the spawn of which were obtained from Lake Huron. I mention this fact as the size of the spawn obtained from the fish caught in the different lakes differ slightly; as, for instance, those taken from the Lake Ontario salmon trout are a trifle smaller than the Lake Huron trout eggs. We counted a quart, exact measure, and found they would run 6,000 to the quart, and, taking this as a basis, there would be 192,000 to the bushel, which would make just 5 5-24 bushels of spawn to the million. The young fry when hatched out would require 200 twelve gallon cans to move them, supposing that 5,000 were placed in a can, which is about all that can be transported any distance safely in a can of that size. Brook or speckled trout, the spawn of which are considerably smaller, are found to measure 11,700 to the quart, or 374,400 spawn to the bushel, or 2 157-134 bushels to the million. When hatched it required 167 cans of the above named capacity to transport them, figuring at 6,000 to the can. Whitefish eggs I have estimated at 34,400 to the quart, and at this rate there would be 1,100,800 in a bushel. Shad eggs are about the same size as the whitefish, and I should estimate them at about the same. As 10,000 young fry of either the whitefish or shad is about all that can be safely transported in a twelve or thirteen gallon can, it would require 110 cans to carry 1,000,000 of either of these kinds. *Seth Green, in American Angler.*

THE DEAR GIRLS.

Two of Them Go Out Shopping and Patronize a Fashionable Restaurant.

Time—1 o'clock p. m. Place—Fashionable Restaurant.
Dramatis Personæ—{Brown Tailor-Made Girl. Gray Tailor-Made Girl. Patient Waiter.

[The young women being advantageously seated, extra wraps and bundles disposed of, Patient Waiter fills their glasses and lays menu-card before them. Neither glances at it.]

Brown Tailor-Made Girl—I declare, I don't know I was so tired.

Gray Tailor-Made Girl—Nor I. It's so horrible to match goods.

Brown—Dreadful. I'd rather buy material for three new dresses than renovate one old one.

Gray—So should I. I'm in such a quandary about that silk at Cash's. Did it seem to you to match at all?

[Patient Waiter goes off to seat a new-comer. A man.]

Brown—Why, I thought it was quite the nearest of any we had seen yet.

Gray—Did you, really? I am in such a dilemma about it, and I must send it down to Whalebone to-day or she will disappoint me.

Brown—Yes, the wretch! How quickly she takes advantage of a little delay in that way!

Gray—Yes, indeed. She kept me waiting three weeks last winter for a pink tulle because I was one day late in sending word whether I wanted a pointed or square bodice.

[Patient Waiter, having taken man's order to the kitchen, returns.]

Brown—Well, I suppose we must have some luncheon. [Pulls menu-card toward her.] What do you want, Nell?

Gray—O, I don't know. What are you going to have?

Brown—I don't know. I am not very hungry.

Gray—Nor I. I breakfasted late, and don't feel as if I could eat a thing.

Brown (pushing the card across the table)—Do pick out something, Nell. I can't.

Gray—Well, I can't either. I never do know what to take. [Patient waiter retires and serves man's order. Then he returns.]

Gray (still studying card)—Do you like oysters?

Brown—Not much, I get tired of them.

Gray—Well, I don't know but I do, too. At any rate, we won't take an oyster stew, for they only serve crackers with that, and the bread here is just lovely.

Brown—Isn't it. I can make a lunch off their bread and butter. [Patient waiter shifts from the left to the right leg.]

Gray—How would a chicken croquet go?

Brown (not so sure whether it's Dutch treat or not)—O, don't let's take croquets. We'll be sure to have them to-night at the Millers'.

Gray—That's so. O, dear, what do I want? I believe I'll take some cream-hashed potatoes and two cups of chocolate.

Gray—Yes, that will do nicely. (To patient waiter) Bring us two cream-hashed potatoes and two cups of chocolate.

Patient Waiter—Yes, madam; and bread?

Gray—Of course, bread.

Patient Waiter—Bread is only served with a meat order. Not with potatoes alone.

Gray—O, is that so? Then I don't care for potatoes.

Brown—Nor I, either. I do love the bread here.

Gray (resuming the study of the card)—O, bother! let's take some consomme.

Brown—All right.

Gray—But we don't want chocolate with soup.

Brown—O, no.

Gray—Well, we won't take chocolate then, but we can have some ice cream afterward if we want it.

Brown—Very well.

Gray (to Patient Waiter)—Bring two consommes.

[Three-quarters of an hour later.]

Brown (finishing the last morsel of bread and a long story at the same moment)—and from that day to this I have never even bowed to her.

Gray—You did perfectly right. She was horridly rude—in her own house, too.

Patient Waiter (approaching for the tenth time)—Do you wish any thing more?

Brown (looking at her friend)—I really don't care for any thing more—the soup is so hearty.

Gray—Nor I, either. Besides we must hurry.

[Patient Waiter vanishes and returns with the check, which he directly lays midway between the two.]

Gray (buttoning her glove)—This is mine, Kate.

Brown—O, no, indeed, Nell. You must let me pay.

Gray—Not at all. You came out to shop with me.

Brown—O, you forget I have several errands of my own.

Gray—O, I really insist. [Finishes her glove and draws check over. It is forty cents, and she lays a half-dollar on the tray.] Are you sure you didn't want any thing more?

Brown—O, no, indeed. I have eaten all I possibly could.

[Patient Waiter returns with two nickels and retires to a convenient distance.]

Gray (pocketing the nickels)—Do you know, I think it's sort of fast for girls alone to fee waiters.

Brown—So do I. I rarely do.

Gray—Well, let us make haste. We really have no time to lose.

Then the dear girls trot off to Cash's and Gray pays sixteen dollars the yard for trimming to renovate the old dress. —*Philip H. Welch, in Puck.*

THE CANINE FAMILY.

A Few Reliable Statements Concerning Yellow and Other Sorts of Dogs.

So much has been said about dogs since they were first introduced to the general public that it may seem rather late in the day to resurrect the subject, but the canine kingdom is fruitful of legends.

Dogs, I think, have a prophetic spirit. Thus, I was reading the other day that "if a dog howls at night, a stranger will come next day."

That same night my howled in its peculiar baritone voice, and kept on howling so long that I thought an army of strangers would probably arrive. When day broke I went out and found the dog lying in the front yard with a hole chopped through its neck. The stranger had arrived on schedule time, and he brought an axe with him, and the dog has howled no more to announce the coming of visitors.

The most common brand of canines is the yellow dog, which flourishes in all parts of the country. The yellow dogs grow as large as the black ones sometimes, and they very frequently go into the tinware business.

I saw one go through town the other day with several samples attached to it, but as it seemed to be in a hurry I didn't stopped to ask for catalogues and price lists.

The yellow dog has an unhappy faculty of tangling itself up with the limbs of men when they are in a hurry. Only the other day I was running to catch a train when a blonde dog stepped between my legs, and I turned the sidewalk upside down for the length of a block with my head.

The most disagreeable of animals is the bull dog. He wears a head that looks to the casual observer like a heating stove, and the mouth which is attached to it is generally large enough to use as a coal bin.

Nothing is more discouraging than to meet one of these pets in an alley where there are no trees to climb or barrels to crawl in. I have known men of a naturally cheerful and happy disposition to become downhearted and depressed under such circumstances.

I had a hand-to-hand conflict with a bull dog in this way myself, and I know whereof I speak. I called this dog all the pet names I could think of, from "Baby" to "Mollie Darling," but it evidently was not mashed on sugar-coated confectionery, so to speak, and when I finally emerged from the alley I had to wrap myself up in my umbrella to keep the chill east wind from creating too much of a draught through my system.—*F. H. Mason, in St. Louis Whip.*

—One day recently a lady in South Portland, in need of a Chinese servant, asked her laundryman to send her one whom he could recommend. Next day a Chinaman came and presented the following note of introduction: "Mrs. Lady—Friend She: You when at there told me want to boy cooking. I had have a boy is good man and honest man he neat and clean and doing nicely that this one best one never you have before like he does. I wish could take him to stay with you and Leong Git recommend to him come to she."—*Portland Oregonian.*

AN INFAMOUS MEASURE.

The Tenure-of-Office Act, One of the Remains of Republican Abuses, Stricken from the Statute Books.

The passage by the Senate of the bill repealing the Tenure-of-Office act terminates a usurpation by that body which has extended over a period of nearly twenty years. Under that law the power of removal was taken from the President and lodged in the Senate, and though the act has not been at all times enforced it has served at intervals as a refuge for the feudal lords of the Senate when they saw fit to set themselves up as a superior to the Chief Magistrate.

This act was passed in 1867 by a Congress containing a Republican majority of more than two-thirds and was designed to keep in office the Republicans of whom Andrew Johnson sought to rid himself. Johnson's break with his party, which had hardly yet become warm in the offices, precipitated a factional quarrel of unexampled bitterness. His policy was not the policy of the great party chiefs who not long before had doubted the wisdom of re-electing Lincoln, lest he, too, might develop ideas not in harmony with those of the more extreme members of his party, and to prevent his carrying it out all the energies of the organization were directed. The possession of the offices being as important a matter in the estimation of the various leaders as any other, they passed the Tenure-of-Office act in 1867, for the purpose of depriving the President of the power of making changes in offices without the consent of the Senate. As it stood originally this act practically took from the President his constitutional powers and lodged them in the Senate. Without its consent he could not even remove an official who was incompetent, corrupt or neglectful. Except by its permission he could not change his own Cabinet. It was intended to shackle an executive officer who could not otherwise be controlled. If he would not obey the wishes of the party which had elected him that party, having absolute control of both branches of Congress, would deprive him of the ability to execute the office which had been conferred upon him. Mr. Johnson vetoed the act, but it became a law by the two-thirds vote of a partisan Congress, and thus the usurpation began.

For the violation of this law Mr. Johnson was impeached, and in its support a great party, mindful only of partisan advantage and the spoils of office, fixed in American history a page as dark as any that is to be found there. But for the removal by Mr. Johnson of Secretary of War Stanton and the appointment of General Lorenzo Thomas as Secretary ad interim it is not likely that the impeachment proceedings would have been undertaken. Every thing else depended upon the maintenance of these charges, and as they failed all else failed. The fury of party-might be depended upon to pass laws overriding the constitution and degrading the Presidential office to the level of a Senatorial appendage, but when it was proposed as a penalty for the violation of such laws to depose the President and put in his place a chieftain who could have no legal right to the place there was a revolt on the part of several Senators of conscience and ability, and the country was spared the crowning infamy of witnessing the desposition of a Chief Magistrate whose principal offense had been the observance of his oath to support the constitution and transmit his office unimpaired to his successors.

Immediately on the inauguration of General Grant the party necessity of a Tenure-of-Office act disappeared. Both houses of Congress were Republican, as was the Executive Department, and one of the first acts of the House of Representatives was to pass a bill repealing the laws which had been passed for the purpose of shackling Johnson. But the Senate, having tasted blood, was not prepared thus early to relinquish the power which it had usurped. It failed to act on the House bill. In his first message President Grant, who in Johnson's day had supported the Tenure-of-Office bill, attacked it in unmeasured terms, saying that "it was incompatible with a faithful and efficient administration of the Government." Later on the House once again passed a bill repealing the act, this time voting more than six to one in favor of its annulment. The Senate again refused to concur. It had gained the upper hand of the President, and it was not willing to retreat from its position. Forty years before this Webster, Clay and Calhoun had fought the same battle with Andrew Jackson and had failed. The advantage gained as against Johnson was not to be abandoned without a struggle. The law might be permitted to fall into abeyance during the administration of a friendly President, but it was argued that it should stand and be revived as occasion might warrant. Under it Senators were made the dictators of Federal patronage. The President was helpless, unless he could make sure of their support. General Grant had a way of dealing with men which soon convinced some members of the Senate that it would be more profitable to them to fall in with him than to undertake to fight him, and, after some caucusing, the Senate, in 1869, passed a bill so amending the Tenure-of-Office act as to repeal the section against which most complaint had been made. As amended, the law permitted the President to suspend Federal office-holders during the recess of Congress, and to name successors, who were to be commissioned until the end of the next session of Congress, when, if they were not confirmed, the nomination was to fall. The clause which had been repealed provided that, in this event, the old officer should immediately return to his post, but with that stricken out nothing remained for the President to do, under such circumstances, but to name another man. Thus the law became practically inoperative, though its retention upon the statute books has been rightfully regarded by all Presidents since Johnson as an impertinence.

The repeal of the law by the Senate will be followed, as a matter of course, by similar action on the part of the House, and the Congressional usurpation which began in a spoils fight will end at a time when, under the administration of another party, a successful effort to make the civil service something more than a party machine is in progress. It will doubtless be urged in certain quarters that the willingness of some Republicans to support the repeal grows out of a hope that in two years they will control the White House, and it may then be handy to have the President unfettered in the matter of office-giving. When Mr. Lincoln was inaugurated it took him about sixty days to clean out every Democratic office-holder in the country. This great achievement could not be repeated with the Tenure-of-Office act on the books. But fairer men will give the Republicans who supported the repeal of a vicious law the credit for doing so on conviction, without reference to the party consequences. The action taken is one over which all good citizens may congratulate themselves, as it is a step backward toward that system of constitutional government which was sadly disarranged in the days of war and passion.—*Chicago Herald.*

SEVERAL LIES NAILED.

Dr. Dabney, the Appointee of the Pension Office, Denies that He Was Ever at Andersonville.

General Black has written to a Kansas post of the Grand Army of the Republic about Dr. Dabney, at whose appointment to a place in the Pension Office there has been some complaint. In his letter he says:

Dr. Dabney was appointed to the office he now holds in this bureau after examination and certification by the United States Civil-Service Commission more than thirteen months ago, upon my selection. He then was and now is a citizen of the United States, and on equal footing with every other citizen. There were no preferred applicants for the place to which he was appointed. He has since discharged all the duties of his office in an able and efficient manner, as shown by the reports to me of his superior officer, the medical referee. He has shown himself capable and honest. He is in harmony with his lawful superiors in their views of duty and government. These things fill alike the requirements of sound judgment, of public policy and of existing law. Dr. Dabney may remain in public office, so far as I can concerned, while these conditions exist. The foregoing statement includes the entire law of the case, but that you may not misapprehend the wisdom of his appointment, and that you may know who and what this young man is and has been, and that you may know that the nature of your resolution is not true and that your denunciation is leveled at one who in 1865 was but a child, and who never saw the place you mention (Andersonville), I append certain papers for your consideration, and call your attention in conclusion to the fact that the Union soldier has suffered no harm at Dr. Dabney's hands in his year or more of service, as the record of the Pension Bureau shows.

Appended to this is a letter from Mr. Dabney, saying:

I was born on a cotton plantation in Hinds County, Miss., May 16, 1830. I never was enlisted in any army. I never was at Andersonville in my life. I never served as guard anywhere. I never fired a gun at any person in my life. So far as I know no political influence was brought to bear to procure my present appointment. A Republican Civil-Service Commission certified to my fitness. General Street, Republican commander of a post of the Grand Army of the Republic in New Orleans, recommended me (by letter to you) as being a suitable man for the position of United States Examining Surgeon. So far as I know no one in your department knew my political faith when I was appointed to this office.

NEWSPAPER DRIFT.

——The Secretary of the Navy, Mr. Whitney, is in danger of getting himself disliked. He seems to think it incumbent upon him to run his department on business principles—to buy the best goods, to pay for them the lowest market prices, and to insist upon getting exactly what was contracted for.—*Cincinnati Enquirer.*

——Congress has shown too great readiness to push forward all kinds of claims without reference to the decisions of the Pension Bureau. The open system of pensioning, recommended by the President, is the fairest method of dealing with the claims of the veterans, and will prevent any recurrence of the infamous Dudley system.—*Albany Argus.*

——It has always been a mystery to the American people how Robeson and the other Republican Secretaries of the Navy could use up so many millions of naval appropriations and never have any navy. One would expected them to have more navy than they would know what to do with. But, in fact, that seems to have occurred to them, too, and to have been just what they were trying to avoid. The completion of a splendid navy would have been the greatest possible misfortune to them, for then the appropriations would have stopped for want of a decent pretext.—*Des Moines Leader.*

—A burglar who was doing a neat job on a safe was horrified, on looking up, to see a man standing quietly beside him. He was about to retire, when the gentleman said: "Go ahead. I am interested in that job." "Why?" asked the astonished burglar. "Because I have forgotten the combination, and no living person knew it but myself. If you can get that safe open I will make it worth your while."—*Burlington Free Press.*

—Egotism is a man without a collar carrying a gold-headed cane.—*New Haven News.*

CARE OF LAMPS.

One of the Necessary Morning Duties of the Careful Housekeeper.

The regular trimming of lamps is one of the necessary morning duties, and appropriately follows the bed-room work, although it can be done during any ten vacant minutes there may be before going upstairs. The dovetailing of work, to make one task fit in with another so that there are no lost minutes, is the secret of accomplishing very much in a short time. If you have no regular lamp scissors (which cost very little), save your others, and also save the bits of carbonized wick from dropping about, by devoting an old pair to the purpose.

In trimming the wick cut off as little of the charred part as possible; generally it is sufficient just to clip off any inequality of the burned surface. Some people do not cut the wick at all, but simply wipe it off with paper, but the edge sometimes remains ragged after this; then the scissors may be used with advantage to make it even; if the flame is not even, you may be sure there is some tiny point on the wick; see that the corners are very slightly rounded off, to prevent points of flame. If they are cut off too much, however, the flame will be too narrow, and the light not so good as the size of the wick will allow.

Every drop of oil must be wiped from the burner, and nothing answers for this purpose better than newspaper, which can be immediately burned. If a cloth is used, it must either be washed out immediately, or it will cause the place in which it is kept, and every thing near it, to smell of kerosene.

When you are sure the lamp and burner are quite free from oil, polish the chimney. The common bulbous chimney is best cleaned, when only dim, with soft newspaper; if smoked and fly-spotted, wash it in soapy hot water, rinse it in clear, hot water and wipe it dry. Do not be satisfied to place a chimney that is not brightly polished on a lamp; like a well blackened stove, a clean lamp gives an air of cleanliness and cheerfulness to the plainest room, while a handsome one in which the odor of kerosene is perceptible and a smoke-dimmed chimney visible, will seem neglected and depressing.

For the cylinder chimney, which is the most difficult to clean, I have found nothing so good, after trying all sorts of contrivances, as the brush with wire handle sold for the purpose. With daily use of this, the chimney seldom needs washing and is always bright. The brush must be used dry; hold the chimney in your left hand with a duster or newspaper to prevent your touch from dimming it; then with the right hand push the brush sharply up and down; polish the outside with paper; less than a minute's work each day will keep the chimney in perfect order.

Once in a while wash the brush and dry it thoroughly. The burners of all lamps require washing in soap and hot water once a week.

When lamps cease to give a good light many people throw them away and get new. There is usually nothing the matter except that the perforations are choked with carbon and dust. Boil them for half an hour in an old saucepan in which you have a good teaspoonful of washing soda to each quart of water; rinse them and set them to dry. This will generally remedy the difficulty.—*Good Housekeeping.*

FARMERS' HOMES.

Conditions Which Should Not be Overlooked When Building a House.

The farmer's home is, much of the time, in the field, and out about the premises or off about the market place, and hence, he suffers from no confinement under bad conditions. Even if his nights under the roof are not exactly of the best, owing to being confined in close quarters, or from bad air arising from under or within the house, his day out doors dissipates much of evil that comes to him in the night time, and he may not be materially harmed. But with the wife the case is quite different. The house is her field, and she can not, if she would, escape from any damaging influences that exist under the roof. The plan of some farm buildings as are to be erected the coming year should be very carefully considered during the winter, and not only the plans, but the location, as to drainage and distance from any point or points upon the farm from whence malaria may arise. As is well known, the prevailing winds are from the west and southwest; and, perhaps, the most unusual of all are from the northeast. Hence, the question of location is important, if there is any especially damaging spot on or near the farm, and should be considered and acted upon. Careful researches by Bowditch, Petenskofer, and others, have quite closely connected the prevalence of consumption and certain low forms of fever with the approach of the water line, or its nearness to the surface. Standing water at a less distance than six or seven feet should warn against building upon such a site. At any rate, this should not be done unless thorough drainage could be practiced upon the deep soil. Living close upon the borders of a body of water, be it stream or lake, is not necessarily prejudicial to health, yet there is something particularly damaging in the influence exerted by confined moisture beneath a dwelling, or in the soil upon which a building is placed. Therefore, the conditions here briefly pointed out can not be safely overlooked.—*National Live-Stock Journal.*

—The Indian women of the Lower Brule agency have their weekly sewing circle, interchange local news and tell stories about absent sisters, just like white women.—*Chicago Mail.*

FARM AND HOUSEHOLD.

—For greasing the griddle, cut a white turnip in halves and rub the griddle with it. It causes no smoke, taste, smell, or adhesion and is better than butter or grease.—*Exchange.*

—To boil beans: Put them over the fire at nine o'clock; cover them with water; add four or five slices of pork to each pint of beans (the pork should be dry salt side), a very little pepper and boil until noon.—*Toledo Blade.*

—A saucer of charcoal kept in the meat safe, pantry or refrigerator will keep every thing sweet. It is an excellent disinfectant for teeth; a little lump pressed into a cavity will sweeten the breath. It is also an excellent dentrifice, and in small doses good for an acid stomach.

—Roll all fields in the spring. On meadows it puts the stone out of the way; on grain it makes the surface smooth for the reaper and the rake. Besides, a compacted surface holds the heat and moisture. Sow none but perfect seed, none that has been broken, and no trash.—*Rural New Yorker.*

—Take a common pail and cut holes down the side from the top to the first hoop, then make a board cover for the top, and fill the pail with water. This, the *Rural New Yorker* says, keeps the water free from sun and dirt, and the poultry can easily put their heads in and drink whenever they desire.

—Sweet curry: Cut into small squares the meat and two onions, with a dessertspoonful of sugar; put these into a stewpan with two ounces of butter to take good color. Then add a teacupful of good stock, some raisins (say twelve) cut small, curry powder to taste, pepper and salt and a few slices of apple. When these are all mixed together, gently cook for three or four hours.—*Good Housekeeping.*

—Hominy fritters help make a variety for the breakfast table. Boil the hominy the day before, take two teacupfuls of it and stir with it a small cupful of sweet milk and a little salt with it; add one egg, four teaspoonfuls of flour and half a tablespoonful of baking powder. Have your fryingpan ready with hot lard in it, drop this batter in it by spoonfuls and fry a delicate brown. Many prefer half butter to all lard.—*The Caterer.*

—It may not be generally known that cold food is more easily kept on a sensitive stomach than hot; so in case where it is rejected in the ordinary warm or hot form, it had better be tried as nearly frozen as can be taken. In many fevers this would be a decided advantage. The prejudice against cold food is, perhaps, natural, but we carry it too far. Milk may be administered in a frozen state, often with a positive advantage.—*Chicago Journal.*

FOR TEA-TOPERS.

A Physician's Opinion Regarding the Fashionable Use of the Mild Cup.

"The afternoon tea-drinking, after the English fashion, which has been introduced in this country, will very likely lead to an excessive use of that cheering beverage among our women," remarked a South Side physician.

"With the exception of the overworked wives of Northern farmers who are prone to resort to tea as a stimulent for their exhausted nervous systems, hurried factory operatives and seamstresses who do their sewing at home, American women have not until lately, been addicted to tea-drinking. Coffee is the national drink. It has been shown that a greater quantity of coffee is consumed annually in the United States than of any other beverage. True, the use of beer is increasing, many persons thinking it preferable because of its sedative and nourishing qualities. There are good authorities who object to the use of coffee in such a climate as ours.

"In my opinion coffee is a more desirable fluid, as a constant drink in this climate than tea. That is, I believe the use of tea three times a day at meals will have a worse effect, than an equal quantity of coffee.

"In England the evil effects of constant beer-drinking at meals have become so evident that a revolt has been organized against it. The English people are now drinking about $5,000,000 worth of beer less per annum than their former average.

"I foresee from tea-drinking a harvest for physicians. The ladies will acquire a taste for it from the adoption of a silly fashion which is the outgrowth of this absurd aping of English manners. They will eventually use it extensively at all hours of the day. It is a stimulating decoction, and when the system becomes partially habituated to its use it not only creates a craving for it, but requires that the quantity be increased.

"I've seen a few tea-topers who always kept a pot of tea brewing, so necessary had it become to their existence. Without exception they were invalids and afflicted with nervous ailments.

"The habitual tea-drinker, too, eats but little nourishing food, but depends for sustenance on the stimulant.

"The injurious effects of an excessive use of tea are far beyond what is generally supposed. Tea contains two powerful substances—tannic acid and theine. The first is the astringent known as tannin. It is this property, obtained from bark, that converts skin into leather. Theine is a violent poison. They act on the nervous and digestive systems, causing atonic dyspepsia, palpitation of the heart, insomnia, irritability.

"I recommend a judicious use of tea at a portion of the meals. It should be taken with judgment, like all other drugs of a stimulating or tranquilizing nature which may be beneficial in small doses, but are harmful, if not dangerous, in large quantities.—*Chicago News.*